

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings of claims in the application.

**Listing of Claims:**

1. (Original) A trigger to initiate crystallization of a supercooled aqueous salt solution wherein the trigger comprises dry or partially dry particles adhering to a support, wherein, when the dry or partially dry particles are released into the salt solution by manipulation of the support, crystallization is initiated.

2. (Amended) The trigger of claim 1, wherein the trigger comprises ~~sand paper~~ sandpaper.

3. (Amended) The trigger of claim 1, wherein the ~~sand paper~~ sandpaper has one rough side and one smooth side.

4. (Amended) The trigger of claim 1, wherein the ~~is sand paper~~ sandpaper is made of emery cloth with aluminum oxide particles cemented to a fabric.

5. (Original) The trigger of claim 1, wherein the trigger is a disc with a diameter of from about 1 to about 5 cm.

6. (Original) The trigger of claim 1, wherein the trigger is enclosed in a flexible container of a supercooled salt solution.

7. (Original) The trigger of claim 6, wherein the supercooled salt solution is a sodium acetate solution.

8. (Amended) The trigger of claim 1, wherein the sandpaper is coated.

9. (Amended) The trigger of claim 1, wherein the sandpaper is coated with a solvent-free adhesive.

10. (Original) A heat pack comprising a supercooled aqueous salt solution and a trigger encased in a flexible container, wherein the trigger comprises dry or partially dry particles adhering to a support, wherein, when the dry or partially dry particles are released into the salt solution by manipulation of the support, crystallization is initiated.

11. (Amended) The heat pack of claim 10, wherein the trigger is ~~sand paper~~ sandpaper.

12. (Amended) The heat pack of claim ~~10~~ 11, wherein the ~~sand paper~~ sandpaper is made of emery cloth with aluminum oxide particles cemented to a fabric.

13. (Original) The heat pack of claim 10, wherein the trigger is a disc with a diameter of from about 1 to about 5 cm.

14. (Original) The heat pack of claim 10, wherein the supercooled salt solution is selected from the group consisting of supercooled sodium acetate, lead acetate, calcium nitrate tetrahydrate, sodium pyrophosphate and sodium thiosulfate solutions.

15. (Original) The heat pack of claim 10, wherein the supercooled salt solution is a sodium acetate solution.

16. (Original) The heat pack of claim 10, wherein the flexible container is made from plastics selected from the group consisting of rubber, vinyl, vinyl-coated fabric, nylon poly laminate and polyethylene.

17. (Original) The heat pack of claim 10, wherein the flexible container is made from nylon poly laminate.

18. (Original) The heat pack of claim 10, wherein the trigger is coated with a water-resistant coating.

19. (Original) The heat pack of claim 10, wherein the pack has a fastening means suitable for fastening to a body part.

20. (Original) A heat pack comprising a supercooled aqueous salt solution and a trigger encased in a flexible container, wherein the trigger is sandpaper, wherein the salt solution is a sodium acetate solution, wherein the flexible container is made of a nylon poly laminate, wherein the heat pack has a flexible plastic strap as a fastening means, and wherein when the trigger is flexed, dry or partially dry particles are released, thereby initiating crystallization.

21. (Newly added) A trigger to initiate crystallization of a supercooled aqueous salt solution wherein the trigger comprises sandpaper having dry or partially dry particles adhering to a support, wherein, when the dry or partially dry particles are released into the salt solution by manipulation of the support, crystallization is initiated.

22. (Newly added) The trigger of claim 21, wherein the sandpaper has one rough side and one smooth side.

23. (Newly added) The trigger of claim 21, wherein the sandpaper is made of emery cloth with aluminum oxide particles cemented to a fabric.

24. (Newly added) The trigger of claim 21, wherein the trigger is a disc with a diameter of from about 1 to about 5 cm.

25. (Newly added) The trigger of claim 21, wherein the trigger is enclosed in a flexible container of a supercooled salt solution.

26. (Newly added) The trigger of claim 25, wherein the supercooled salt solution is a sodium acetate solution.

27. (Newly added) The trigger of claim 21, wherein the sandpaper is coated.

28. (Newly added) The trigger of claim 21, wherein the sandpaper is coated with a solvent-free adhesive.

29. (Newly added) A heat pack comprising a supercooled aqueous salt solution and a trigger encased in a flexible container, wherein the trigger comprises sandpaper having dry or

partially dry particles adhering to a support, wherein, when the dry or partially dry particles are released into the salt solution by manipulation of the support, crystallization is initiated.

30. (Newly added) The heat pack of claim 29, wherein the sandpaper is made of emery cloth with aluminum oxide particles cemented to a fabric.

31. (Newly added) The heat pack of claim 29, wherein the trigger is a disc with a diameter of from about 1 to about 5 cm.

32. (Newly added) The heat pack of claim 29, wherein the supercooled salt solution is selected from the group consisting of supercooled sodium acetate, lead acetate, calcium nitrate tetrahydrate, sodium pyrophosphate and sodium thiosulfate solutions.

33. (Newly added) The heat pack of claim 29, wherein the supercooled salt solution is a sodium acetate solution.

34. (Newly added) The heat pack of claim 29, wherein the flexible container is made from plastics selected from the group consisting of rubber, vinyl, vinyl-coated fabric, nylon poly laminate and polyethylene.

35. (Newly added) The heat pack of claim 29, wherein the flexible container is made from nylon poly laminate.

36. (Newly added) The heat pack of claim 29, wherein the trigger is coated with a water-resistant coating.

37. (Newly added) The heat pack of claim 29, wherein the pack has a fastening means suitable for fastening to a body part.